

syukran

5 interesting foods mentioned in Quran

Slide: Islamic bite-sized learning

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Introduction

A healthy diet is balanced with a mixture of all the foods Allah has provided for His creation.

01

Cattle

Includes sheep, goats and deer.

**“ He created cattle that give
you warmth, benefits and
food to eat.**

Surah An-Nahl (16:5)



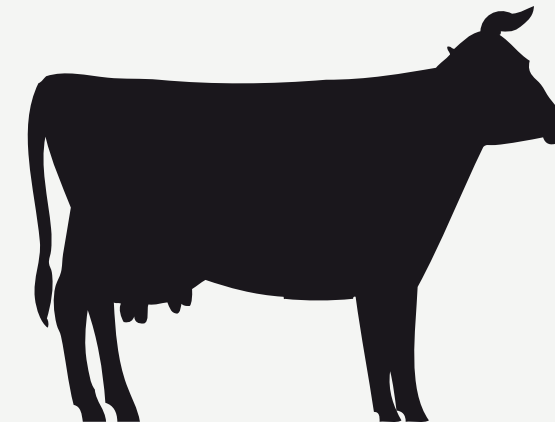




Fast Facts: Beef

Beef is the **no.1** food source for Protein, Vitamin B12 and Zinc

No.3 food source of iron behind fortified cereal and grains



Fast Facts: Beef

Contribute to optimal growth

Red blood cell development

Preventing iron deficiency during the adolescent years.



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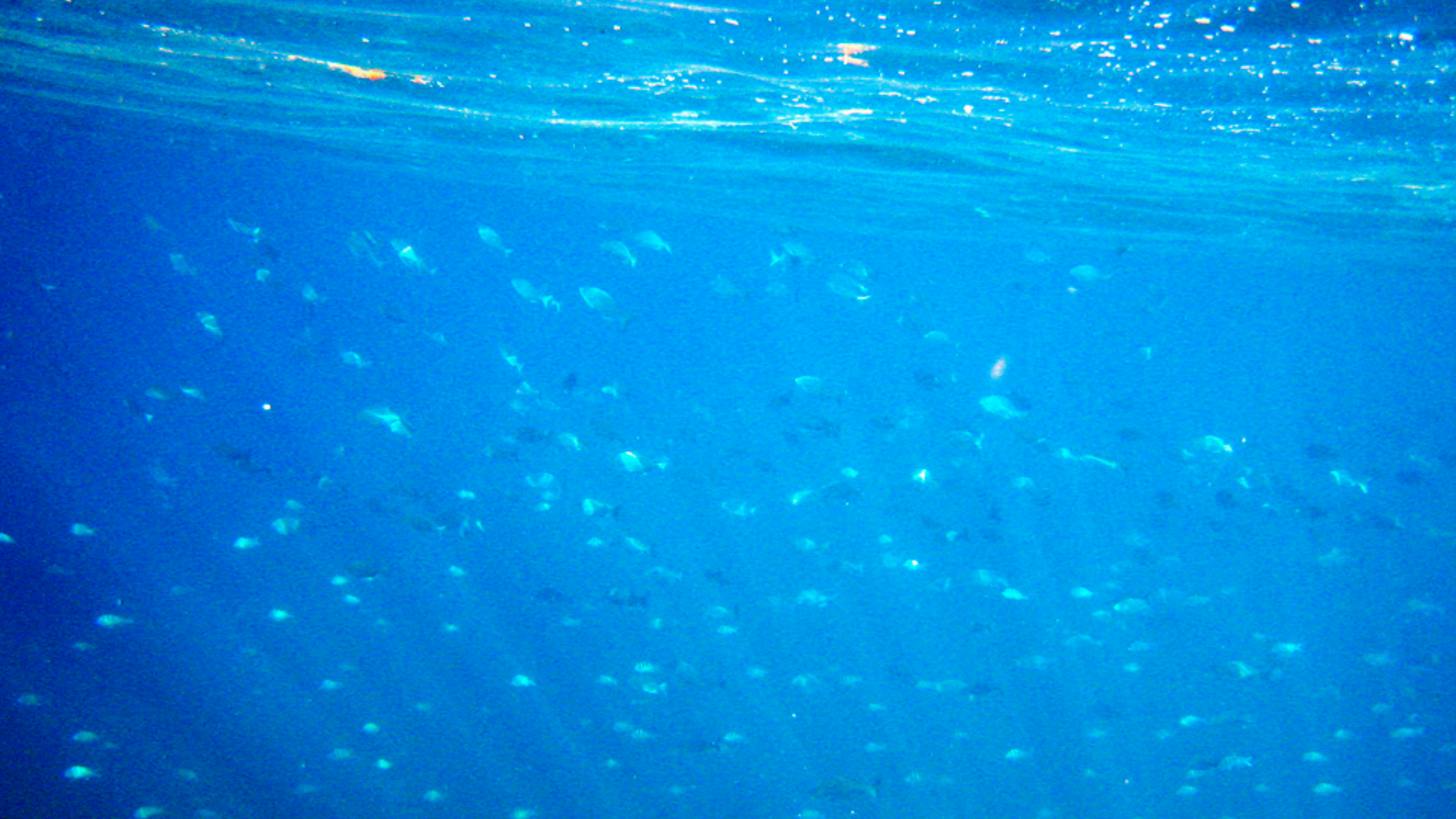


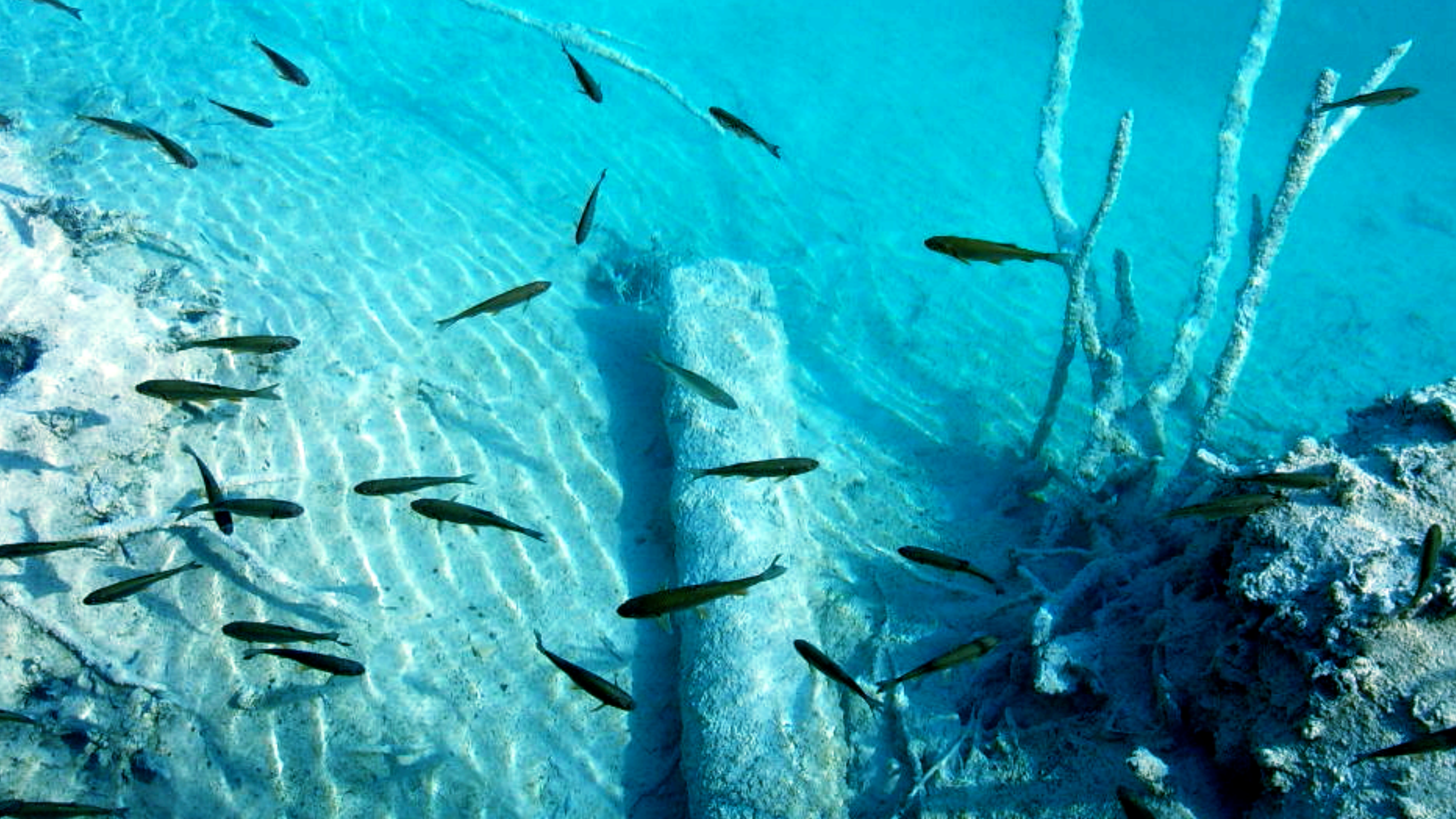
02

Fish

“ It is He who subdued the seas, from which you eat fresh fish.

Surah An-Nahl (16:14)



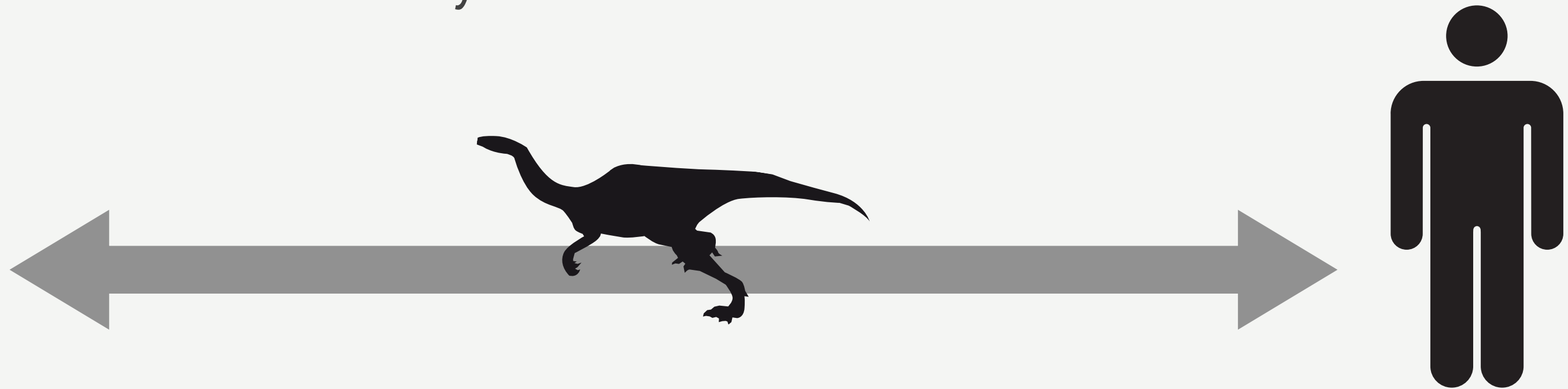






Fast Facts: Fish

Fish have been on the earth for more than 450 million years.



450 million

Fast Facts: Fish

Some fish make sounds by grating their **teeth** and others like some catfish make sounds from their air filled swim bladder.



Trivia: Question

What is the Biggest Fish in the World?



Hint: Answers, in the end of the slide.

03

Corn

**“ *It is He who sends down
water from the sky* ”**

Surah An-Nahl (16:11)

**“...with which He brings
up corn,**

Surah An-Nahl (16:11)

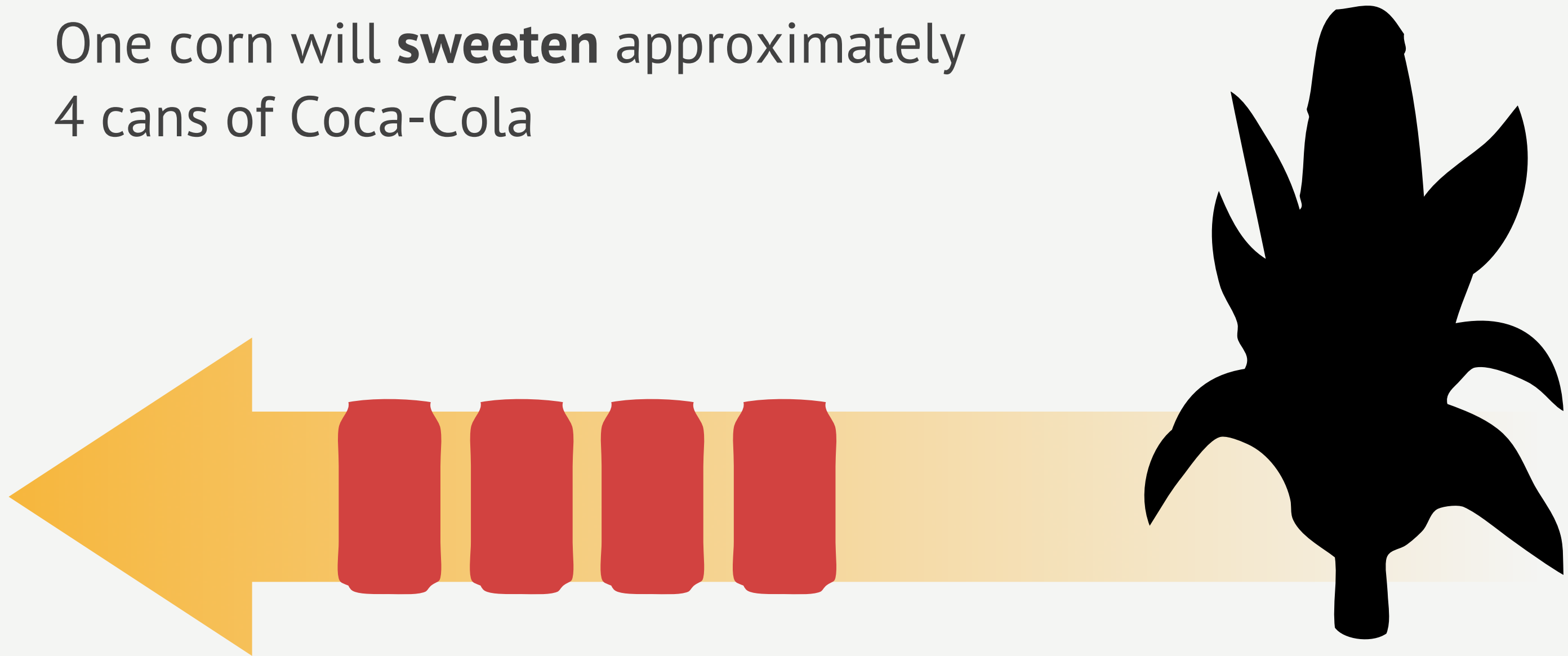






Fast Facts: Corn

One corn will **sweeten** approximately
4 cans of Coca-Cola



Fast Facts: Corn

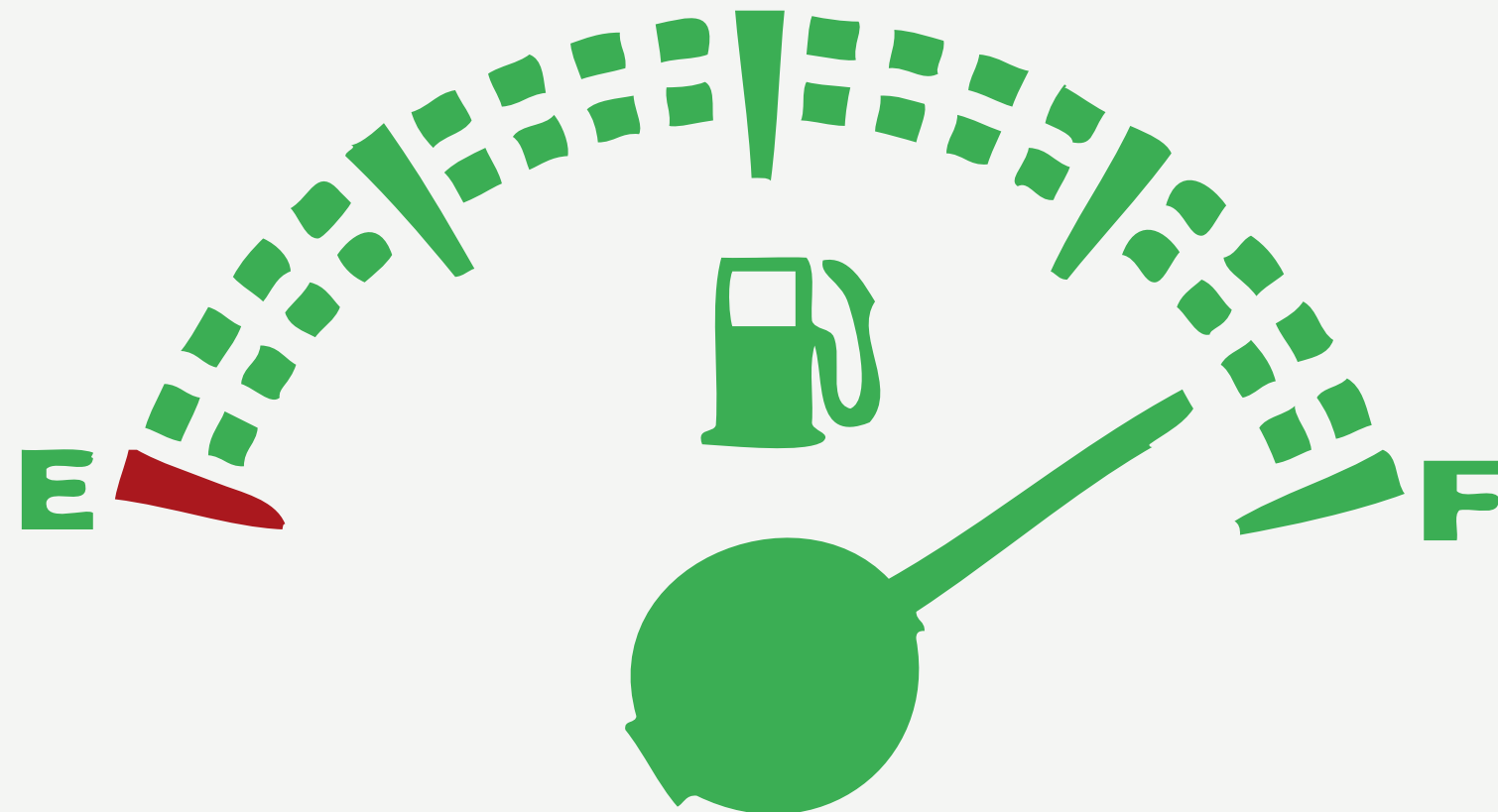
There are about 800 kernels in 16 rows on each ear of corn.

Kernels is the one we eat.



Fast Facts: Corn

Corn is used to produce fuel alcohol. Fuel alcohol makes **eco-friendly** gasoline, reducing air pollution.



04

Olives

“...*with which He brings
up corn, olives*

Surah An-Nahl (16:11)



pfel
1,30

Türkische Oliven
gewürzt, ohne Kerne
100 gr. 1,-

Türkische Schnitt-
Oliven gewürzt mit
Orangen-Rosmarin
100 g



Fast Facts: Olive

Olives appear in one of the earliest cookbooks ever discovered, a 2000 year-old text by a Roman named **Apicius**.



Fast Facts: Olive

Carvings of olives appear on pharaoh's tombs in the pyramids of Egypt.



Fast Facts: Olive

Traditional **Chinese Medicine** uses olive soup as a sore throat recipe



05

Dates

“ *...with which He brings
up corn, olives, dates and
grapes and other fruit.*

Quotes







Fun Facts: Dates

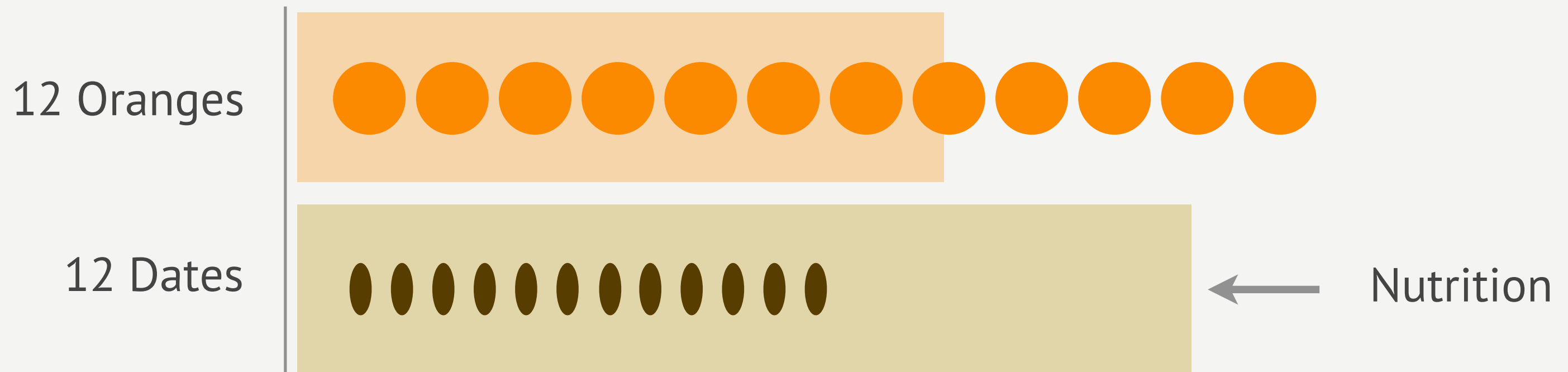
Palm trees are the **oldest** cultivated trees in recorded history, since the past 8,000 years.



8000 years

Fun Facts: Dates

12 pieces of dates contains as much 275 calories, 6 grams fibre, the highest content among the fruit varieties consumed in similar quantity



Trivia: Answer

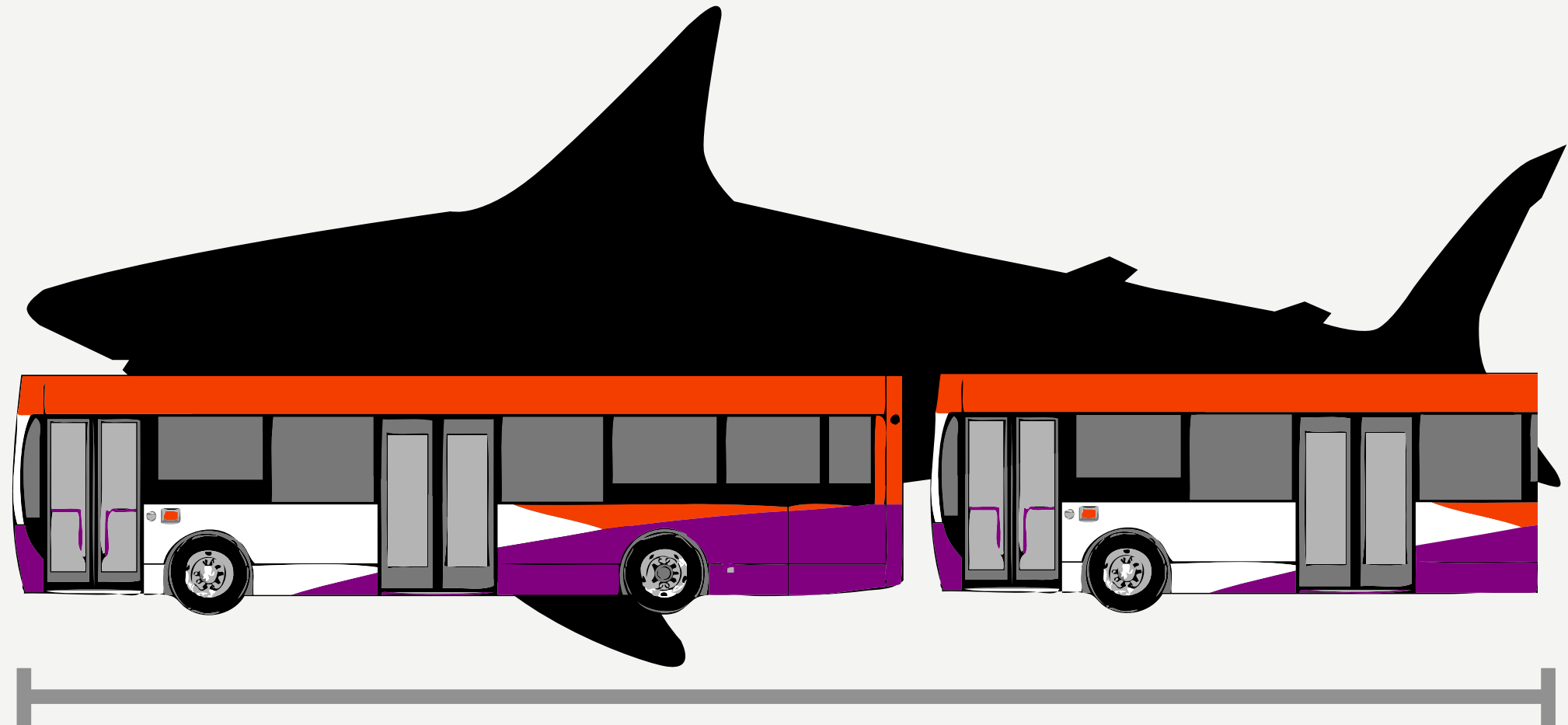
What is the Biggest Fish in the World?



Fast Facts: Fish

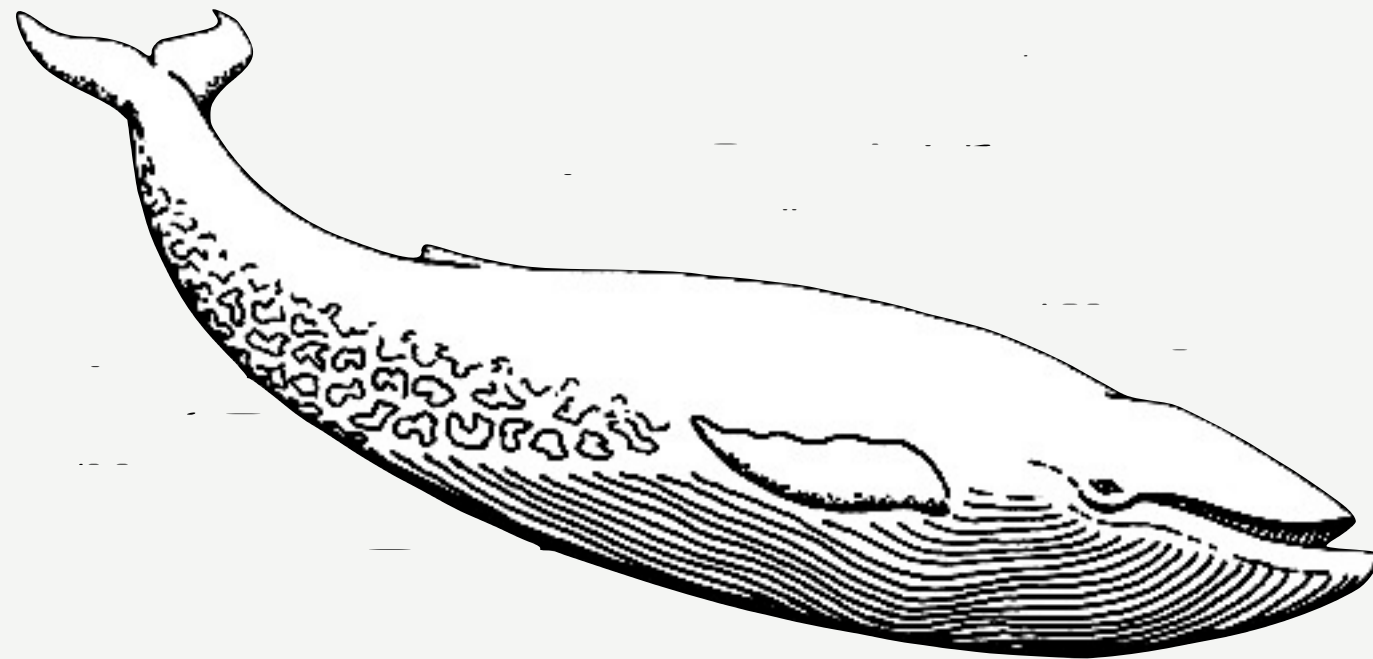
The largest fish is the **great whale shark** which can reach fifty feet in length.

1 ½ Bus



Fast Facts: Fish

Whales and dolphins are **mammals**, not a fish.



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